

The Indian Health Service (IHS) TeleBehavioral Health Center of Excellence in collaboration with the IHS Clinical Support Center (Accredited Provider) presents:

Behavioral Health Integration Webinar Series

Leveraging Food as Medicine: A Path to Wellness

Continuing Education in Behavioral Health

To Register: https://ihs.gov.zoomgov.com/webinar/register/WN_LIxdVtFQxON1IXB0-sQ7A
January 28, 2027, | 12:00 pm EDT, 11:00 am CDT, 10:00 am MDT, 9:00 am PDT, 8:00 am AKDT

Duration: 1 hour

Presenter:

Cynthia E. Guzmán, PhD, MSCP and Rose Bear Don't Walk, PhD, MS, Health Equity Analyst, Indigenous Pact PBC

Description:

This webinar explores the powerful role of First Foods and land-based subsistence practices in promoting holistic Indigenous wellness. Participants will examine how traditional foodways contribute to physical, emotional, spiritual, and community health, while discussing barriers that limit access to subsistence practices and strategies to revitalize them in modern contexts. This session will also highlight practical, culturally grounded approaches for re-integrating First Foods into Tribal communities, healthcare systems, and everyday life to strengthen health, cultural continuity, and food sovereignty.

Outcomes/Objectives:

1. Examine the relationship between land-based subsistence practices and holistic wellness, as well as key barriers impacting access to subsistence practices.
2. Evaluate strategies to preserve and re-integrate First Foods into contemporary Tribal communities.
3. Identify actionable approaches to address barriers and strengthen Indigenous food sovereignty through culturally grounded solutions that support the revitalization of First Food traditions, increase access to traditional foods, and promote long-term community wellness.

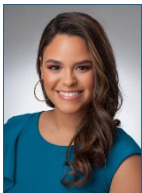
Content Level:

Intermediate

Target Audience:

Target audience for training is clinical professionals, behavioral health specialists, and addiction specialists.

About the Presenter



Cynthia E. Guzmán, PhD, MSCP, is a licensed psychologist who has devoted her career to addressing health disparities in underserved communities, primarily in Indian Country. She has experience with program design, development, and implementation of programs that address co-occurring disorders as well as primary care/mental health integration. Aside from clinical work and the supervision of other trainees, Dr. Guzmán considers herself a servant leader and enjoys consulting with other tribes seeking to advance tribal healthcare in their communities, as well as providing trainings on behavioral health approaches from an indigenous perspective.



Mitchell Rose Bear Don't Walk, is a Salish ethnobotanist, community researcher, and Indigenous science advocate dedicated to advancing Indigenous health, received her doctorate in Indigenous and Rural Health from Montana State University and holds a Master of Science in Environmental Studies from the University of Montana and a Bachelor of Arts in Political Science from Yale University. She pursues her ongoing community research of the traditional food plants of the Bitterroot Salish as a Henry Luce Indigenous Knowledge Fellow, while also serving on the Board of Directors for the Glacier National Park Conservancy. She is an active member of numerous Indigenous and scientific organizations.

Instructions for Obtaining Continuing Education Credit:

To receive a certificate of continuing education you must:

- Electronically register for the session.
- Participate in the entire live 1 hour activity. No partial credit will be given.
- Complete the online evaluation by **February 11, 2027**. You will be able to print your certificate after completing the evaluation.

ACCREDITATION:



In support of improving patient care, IHS Clinical Support Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION



IPCE CREDIT™

This activity was planned by and for the health care team, and learners will receive 1.0 Interprofessional Continuing Education (IPCE) credit for learning and change.

Physicians

The IHS Clinical Support Center designates this live activity for 1 hour of *AMA PRA Category 1 Credit™* for each hour of participation. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

This activity is designated 1.0 contact hour for each hour of participation.

Physician Associates



The IHS Clinical Support Center has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credit. PAs should only claim credit commensurate with the extent of their participation.

Social Workers



As a Jointly Accredited Organization, the IHS Clinical Support Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.0 clinical continuing education credit.

Psychologists



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP) and the IHS Clinical Support Center. The IHS Clinical Support Center maintains responsibility for the content of the program. Psychologists completing this course receive 1.0 continuing education credit.

Counselors

Many state Counselor boards (including the various types of addiction counselors, mental health counselors, etc.) accept either APA or ASWB approval. See these approvals under Psychologists and Social Workers. Please check with your board to be sure.

Attendance

Participants can select a certificate of attendance, enabling participants to register with licensing boards or associations that have not been preapproved for credits. To apply for credit types not listed above, participants should use the procedure established by the specific organization from which they wish to obtain credit.

Accreditation applies solely to this educational activity and does not imply approval or endorsement of any commercial product, services or processes by the CSC, IHS, the federal government, or the accrediting bodies.

Disclosure Statement: As a jointly accredited provider of continuing education, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of this educational activity are required to disclose the existence of all financial relationships with ineligible companies within the prior 24 months. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those who are in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any relevant financial relationships or

affiliations with any manufacturers or commercial products to disclose.

There is no commercial interest support for this educational activity.

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Before you begin the training, you can review the IHS Privacy Policy (<https://www.ihs.gov/privacypolicy/>).

You can also review the Qualtrics Privacy Policy for details on how user information submitted in the evaluation is protected. <https://www.qualtrics.com/privacy-statement/>

Recording

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